# Inspired students donate 1,000 origami cranes to USNH Yokosuka

**By Jennifer Savage, USNH Yokosuka Public Affairs**

Students from Manami Mikami's fifth-grade class at The Sullivans School gathered at U.S. Naval Hospital (USNH) Yokosuka April 17 to donate 1,000 *origami* cranes that they and their classmates created for the hospital's patients. Carefully and precisely folded, each paper crane represents the hard work of more than 100 students over a period of approximately three weeks.

The paper crane is a famous traditional form of *origami*, the Japanese art of folding paper into a variety of decorative or representational forms. The students decided to fold 1,000 cranes and donate them to the hospital after learning about the story of Sadako Sasaki.

Sadako Sasaki is a Japanese girl who contracted leukemia as a result of radiation from the atomic bombing of Hiroshima during World War II. Her story is told in the book "*Sadako and the Thousand Paper Cranes*." An ancient Japanese legend promises that anyone who folds a thousand origami cranes will be granted a wish by a crane, such as long life or recovery from illness or injury. The book says that while Sadako was in the hospital, she spent much of her time folding paper cranes. This, according to legend, would have allowed her to make one wish, which was to live.

Several temples, including some in Tokyo and Hiroshima, have eternal flames for world peace. At these temples, school groups or individuals often donate a group of 1,000 *origami* paper cranes held together by strings, called *senbazuru*, to add to the peace prayer.

"I believe that we can learn many things from the past, which helps us to have a better future," said Mikami. "Actually, when we started this project the students were thinking of making their own wishes on the cranes. But after they learned about Sadako and the 1,000 cranes, they were thinking of others."

Inspired by Sasaki's story, the students decided that instead of making wishes for themselves, they would make wishes for the patients at USNH Yokosuka. In addition to folding 1,000 *origami* cranes, the students also created four large, cheerful sunflowers out of paper, each petal containing well wishes for the patients at the hospital.

USNH Yokosuka Commanding Officer Capt. Kevin Moore was on hand to accept the cranes and flowers on behalf of USNH patients and to thank the children for the donation.

"I really appreciate the time, effort and thoughtfulness that you and your classmates put into this," said Moore. "It also inspires me to know that young people at your age are looking at ways to put service above self."

**The Sullivans School students Kyle Brown, Chauntavia Peterkin, Alexis Calandra and Joseph Lewis present 1,000 *origami* cranes and paper flowers for USNH Yokosuka patients April 17. Carefully and precisely folded, each paper crane represents the hard work of more than 100 students over a period of approximately three weeks.**

**Photo by Richard McManus**

The students also donated *origami* paper and instructions for creating an origami crane and offered to teach any patients who are interested how they can fold an origami crane and add to the display. The 1,000 cranes are currently on display in the inpatient ward on the fifth floor of the hospital.

# Picnic honors volunteers

**(Left) Cathy Tai of American Red Cross (ARC) and Fleet and Family Support Center (FFSC); Amanda Leech of Navy-Marine Corp Relief Society (NMCRS); Dan Squezello of FFSC Sexual Assault Intervention (SAVI); Gabriel Delos Santos of United Service Organization (USO) Yokosuka; and Moana Bishop and Junko Saito of Ikego FFSC pose for a picture during a picnic held at Berkey Field April 24 honoring volunteers who participated in the FFSC Volunteer Program. CFAY Commanding Officer Capt. Daniel Weed was on hand as guest speaker and to personally congratulate the more than 100 volunteers who provided more than 12,400 hours of volunteer service to the CFAY community. Additionally, FFSC SAVI, ARC, NMCRS, and the USO recognized the contributions their volunteers made throughout the year with certificates presented by Weed.**

**Photo by Kazuyuki Takagi**

# Influenza prevention practices

**By Jennifer Savage,**
**USNH Yokosuka Public Affairs**

To keep its beneficiaries safe and healthy, U.S. Naval Hospital Yokosuka encourages everyone to engage in the following flu prevention practices:

• Cover your mouth and nose with a tissue when you cough or sneeze (proper cough etiquette).

• If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

• Put your used tissue in the waste basket.

• Clean your hands after coughing or sneezing.

• Wash with soap and water or clean with alcohol-based hand cleaner. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. If you develop a high fever and other moderate respiratory symptoms (cough, chest pain, difficulty breathing, significant muscle aches) please call your health care provider. If possible, stay home from work or school and avoid running errands when you are sick. You will help prevent others from catching your illness.

Keeping healthy is no accident. Do your part to keep yourself and your family, friends and coworkers from getting sick.

Call USNH Yokosuka at 243-7144 for more information regarding influenza prevention or refer to the following Web sites:

• Defenselink: http://www.defenselink.mil

• Centers for Disease Control: http://www.cdc.gov

• World Health Organization: http://www.who.int/en/